

# HHI At-a-glance

Jan-Feb 2010

## Southwest Region

Two diabetes workshops were sponsored by the **Dallas County** Health Unit and the U of A Cooperative Extension Service in January to help educate people with diabetes about portion control, menu selection, benefits of exercise, and smoking cessation. Donna Ferguson, DCHU Adm., and Kathy May with the Dallas County Cooperative Extension Office presented the information to attendees. Funds for the healthy food and educational materials were provided by a grant from the Blue & You Foundation.

## Southeast Region

On January 14<sup>th</sup> the Arkansas Minority Health Commission had a Legislative Forum in **St. Francis County**. Senator Jack Crumley headed the forum. Dr. Bates gave a report for the Arkansas Department of Health on the Health Status of St. Francis County. Dinner was served to all that attended. St. Francis County Hometown Health had a table with all of last year's accomplishments.

## Northwest Region

*Work for Better Health*, a worksite wellness program sponsored by the **Madison County** Health Coalition (MCHC) and Blue & You for a Healthier Arkansas wrapped up a successful year in Madison County businesses. In 2009, over 650 employees in over 40 businesses participated in at least one phase, 10 weeks, of the program. In 2009, Work for Better Health utilized its funding to offer free health education classes, free blood screens, and incentives to participants. The program and the MCHC have been awarded a second year of funding, \$66,300 from Blue & You to continue the program and help businesses measure the benefits of investing in worksite wellness.

**MATCH** A new rankings report came out in February that provides us with something new -- rankings from top to bottom for all 75 Arkansas counties on our health, as measured using a mixture of factors from a variety of sources. The report was prepared by the University of Wisconsin for all 50 states and has been underwritten for the first three years by the Robert Wood Johnson Foundation. The rankings are not meant to be a comparison of health conditions or rankings among states, which is also something a little new for studies of this kind. We believe that these rankings can help us to address our problems in a positive way and continue to make progress, even during difficult times.

## Hometown Health Improvement



## Northeast Region

*The Heart Truth*, a conference for African American women's health was held on February 13<sup>th</sup>. The **Craighead County** Health Unit also partnered with the Arkansas State University Department (ASU) of Social work and the ASU Office of Diversity Initiatives to present a conference in celebration of World Aids Day 2009, *HIV Complacency: A Deadly Risk Factor* held on the ASU Campus.

## Growing Healthy Communities: sites chosen

The Arkansas Coalition for Obesity Prevention (ArCOP) has chosen 5 sites around the state to participate in the Growing Healthy Community project. The sites include: **Columbia County** in SW, **Independence County** in NE, **Arkansas Baptist College** in Pulaski County, **Boone County** in NW, and **Phillips County** in SE. They will each receive \$10,000 to help with necessary materials to plan, implement and evaluate strategies to grow their own health community. Members from each community attended the Growing Healthy Communities workshop at the Winthrop Rockefeller Institute on Petit Jean Mountain March 3, 4, and 5th. The focus of the training was to improve the health of the community through increased activity and healthy eating to reduce obesity.